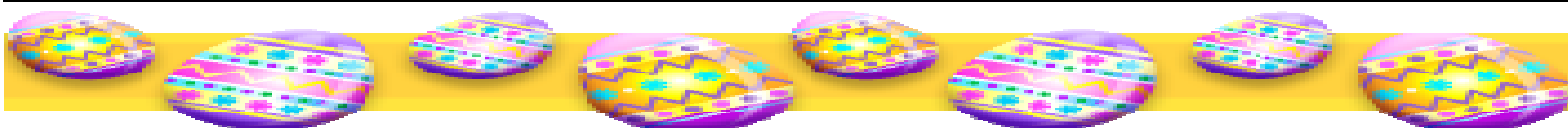


Kingsport Senior Center News

April 2012
Volume XX Edition 02
1200 East Center Street
Kingsport, Tennessee 37660



EASTER LUNCH

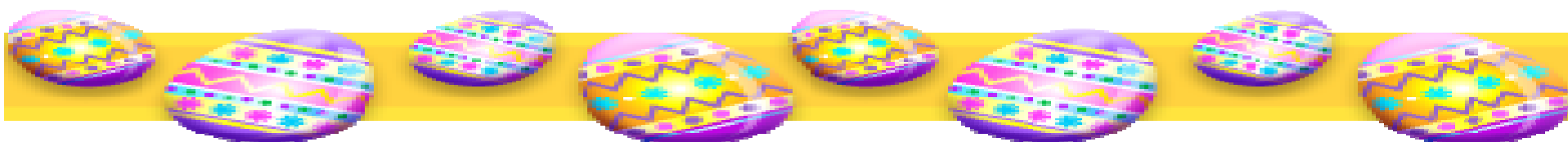
Thursday, April 5, 2012

First Floor Atrium

11:30am-1:30pm

**Bring a covered dish.
(enough to feed 6-8 people)**

Sign up's began March 5



Center News

Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

**The Kingsport Senior
Center is located at
1200 E. Center Street at the
Renaissance Center.
For more information call the
Center at (423) 392-8400
<http://seniors.kingsporttn.gov>**

Center Hours

**Monday thru Friday 8:00 am ~ 7:00 pm
Saturday 9:00 am ~ Noon**

**Lynn View Senior Center Branch Site
Hours: 9am to 2pm ~ Monday ~ Friday
(See branch site page for more information)**

***The exercise room & computer lab will close
15 minutes prior to the closing of the Center.**

**Membership dues
For Fiscal year
July 1, 2011-June 30, 2012**

\$15 ~ Kingsport Residents
\$35 ~ Sullivan County Residents
\$60 ~ Out-of-County Residents

Kingsport Senior Center Staff

Director ~ Shirley Buchanan
shirleybuchanan@kingsporttn.gov
392-8403

Branch Coordinator ~ Cindy Price
cindyprice@kingsporttn.gov
392-8402

Program Leader ~ Michelle Tolbert
michelletolbert@kingsporttn.gov
392-8404

Wellness Coordinator ~ Kevin Lytle
kevinlytle@kingsporttn.gov
392-8407

Program Leader ~ Marlana Williams
marlanawilliams@kingsporttn.gov
423-392-8405

Secretary ~ Marsha Mullins
marshamullins@kingsporttn.gov
392-8400 **FAX** (423) 224-2488

Program Assistant ~ Jane Whitson
janewhitson@kingsporttn.gov
392-8406

Program Assistant ~ Amber Quillen
amberquillen@kingsporttn.gov
343-9713

Branch Program Assistant ~ Diana Broyles
dianabroyles@kingsporttn.gov
247-5942

Nutrition Site Manager ~ Sona Bingham
246-8060

WELLNESS

WELLNESS SEMINARS

Mini Health Fair: The Senior Center will host a Mini Health Fair in the hallway Billiards Room side on **Tuesday, April 10, 2012** from 9:00 am to 11:00 am. Come join us for a day of Wellness. Hand Massages, Blood Sugar Checks, and Blood Pressure Checks will be offered. Door prizes will be given at 11:15 am and you must be present at the time names are drawn to win. Participates for this event will be: Emeritus at Kingsport, Water Falls of Wellness, and Windsor Health Group. So mark your calendar for this very important date to be part of the fun.

Living on the Edge ~ Pre-Diabetes: Lisa Gilreath, Registered Dietitian and Certified Diabetes Educator from Indian Path Medical Center’s Health Resources Center at the Kingsport Town Center will be at the Center on **Tuesday, April 10, 2012** at 12:30 pm in the Card Room. Topic of discussion will be “Living on the Edge ~ Pre-diabetes”: Have you been told you have pre-diabetes or borderline diabetes and wondered what you should do about it? This program will offer ideas for changing the course you are on.

ETSU College of Nursing: Randy Nentrup, Assistant Professor with ETSU College of Nursing and ten nursing students will be conducting a mini Health Fair *"Care of the Older Adult"* on **Wednesday, April 18, and Thursday, April 19, 2012** from 9:00 am to 11:00 am in the 1st floor hallway Billiards room side. Topics on display, with take home information are:

- **Common Cancer Signs to Look for/When to See Your Doctor**
- **COPD Medical Management, Prevention & Smoking Cessation**
- **Depression: Are You at Risk**
- **Healthy Eating & Exercise**
- **Health Literacy**
- **Heart Disease, Symptoms, and Risk Factors**
- **Home Safety & Preventing Falls**
- **Keeping Your Mind Healthy**
- **Living with Arthritis**
- **Managing your Hypertension**
- **Medication Safety**
- **Preventing Constipation**
- **Preventing Dehydration**
- **Renal Health and Hydration**
- **Screenings / Immunizations**
- **Sleep Apnea: Signs, Symptoms, Dangers & Treatment**
- **Stress Management With Info: Respite Care**
- **Taking Care of Your Eyes**
- **Warm Weather Safety**
- **Weight Management & Exercise**

Blood Pressure monitoring will be performed and answer many other health related questions as they arise. All members are encouraged to stop by for some valuable information.

Lunch-n-Learn

Come join us as we travel to HealthSouth Rehabilitation Hospital. We will depart the Center on **Friday, April 27, 2012** at 11:30 am and return at 1:00 pm. Cost is free for your transportation and lunch will be provided. HealthSouth Rehabilitation Hospital of Kingsport is an acute inpatient rehabilitation hospital treating more than 1,000 patients annually from our region. It offers care by physician specialists in physical medicine and rehabilitation, pulmonology, neurology, orthopedics, and internal medicine in a 50 bed acute care hospital. They are focused on helping patients achieve the best possible quality of life. Their inpatient treatment focuses on daily living activates so you can return home with greater function and independence. Sign ups will start on March 21, 2012 with only 23 seats available.

SilverSneakers Class

We will be adding the SilverSneakers Muscular Strength & Range of Movement to our Tuesday and Thursday, Exercise for Everybody class starting on **Tuesday, April 10, 2012**.

Corn Hole Toss Tournament

This year’s first annual Corn Hole Toss Tournament on **February 17, 2012** was a hard fought battle, and we would like to thank all our members who came out and competed. 1st place: Charles Gray & Patricia Clark, 2nd place: Joyce Manis & Pauletta McKenzie, and 3rd place: Wayne McGee & James Robinette.

First District Tennessee Senior Olympics

The First District Tennessee Senior Olympics is a special event for seniors 50 and older that combines a wide range of competitive activities. The objectives of the Senior Olympics are to recognize people who have achieved and maintained good health throughout their lives; promote physical fitness and the pursuit of lifetime leisure activities, and provide opportunities for fun, recreation and fellowship. The following counties are included in the First District:

- **Carter**
- **Greene**
- **Hancock**
- **Hawkins**
- **Johnson**
- **Sullivan**
- **Unicoi**
- **Washington**

This years District Olympics start with Golf on **Tuesday, May 08, 2012** at Cattails of Meadowview, Kingsport. Track & Field on **Saturday, May 12, 2012** at Liberty Bell Track & Field, Johnson City. District Dates: **May 21 to May 25, 2012**. For more information visit the website www.tnseniorolympics.com or call Teresa Sutphin at 423-722-5120

Daily Activities and Classes at the Center

Monday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
Tai-chi ~ 8:30 ~ Room 310
Quilting ~ 9:00 ~ Room 303
Open Woodshop ~ 9:00
Camera Club ~ Go to www.scphotogroup.com
Happy Day Singers ~ 9:45 ~ Travel
Clay, Intermediate /Advanced Hand building ~ 10:00 ~ Ceramics/
Clay Room
Strength Training ~ 10:15 ~ Gym
Lap Swimming ~ 12:30 ~ DB Pool
Table Tennis ~ 1:00 ~ Gym
Knitting ~ 1:00 ~ Room 303
Volleyball ~ 4:00 ~ Gym

Tuesday ~

Piano Lessons ~ 8:00 ~ Multipurpose Room
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Studio
Dulcimer (Intermediate) ~ 9:00 ~ Atrium
Basic Woodworking (fee) ~ 9:00 ~ Woodshop
Reflexology/Chair Massage ~ 9:00 ~ Mulitpurpose Room
(appointment only)
Basket weaving ~ 9:30-11:30, 12:00-2:00 Room 303
Strength Training ~ 9:30 ~ Gym
Renaissance Strings ~ 10:00 ~ Atrium
Sing Along ~ 10:15 ~ Cafeteria
Exercise for Everybody ~ 10:30 ~ Gym
Dulcimer (Beginning) ~ 11:00 ~ Atrium
Yoga and Laughter for Seniors ~ 11:00 ~ Room 302
Good Neighbors ~ 12:15 ~ Lounge
Lap Swimming ~ 12:30 ~ DB Pool
Massage Therapy ~ 1:00 ~ Multipurpose Room (appointment
only)
Shuffleboard ~ 1:00 ~ Ceramics Hallway
Pickleball ~ 1:00 ~ Gym
Jam Session II ~ 1:00 ~ Cafeteria
Basketball ~ 4:00 ~ Gym
Karaoke ~ (3rd Tuesday) 4:00 ~ Cafeteria
Ballroom Video Class ~ 4:30pm ~ Room 302

Wednesday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
Tai-chi ~ 8:30 ~ Room 310
Open Woodshop ~ 9:00
Clay, Beginning Hand building ~ 10:00 ~ Ceramics/Clay Room
Strength Training ~ 10:15 ~ Gym
Intermediate Clogging ~ 11:15 ~ Room 302
Hand and Foot Card Game ~ 12:30 ~ Card Room
Lap Swimming ~ 12:30 ~ DB Pool
Table Tennis ~ 1:00 ~ Gym
Belly Dance ~ (Women Only) ~ 1:00 ~ Room 302

Thursday ~

Piano Lessons ~ 8:00 ~ Multipurpose Room
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Studio
Woodcarving ~ 9:00 ~ Room 303
Reflexology/Chair Massage ~ 9:00 ~ Mulitpurpose Room
(appointment only)
Basic Woodworking (fee) ~ Woodshop
Strength Training ~ 9:30 ~ Gym
Beginning Clogging ~ 10:00 ~ Room 302
Exercise for Everybody ~ 10:30 ~ Gym
Beginning Belly Dance ~ 11:30 ~ Room 302 (Women Only)
Jam Session ~ 12:00 ~ Cafeteria
Good Neighbors ~ 12:15 ~ Lounge
Lap Swimming ~ 12:30 ~ DB Pool
Massage Therapy ~ 1:00 ~ (appointment only)
Volleyball ~ 1:00~ Gym
Pickleball ~ 4:00 ~ Gym
Ballroom Dance ~ 5:00 ~ Cafeteria

Friday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
Genealogy Group ~ 9:00 ~ Computer Lab
Open Woodshop ~ 9:00
Massage Therapy ~ 9:45 ~ Multipurpose Room ~ (appointment
only)
Strength Training ~ 10:15 ~ Gym
Lap Swimming ~ 12:30 ~ DB Pool
Pickleball ~ 1:00 ~ Gym
Bridge Group ~ 1:00 ~ Card Room
Art Class ~ Painting ~ 2:00-4:00 ~ Room 303

Saturday ~

Basketball ~ 9:00 ~ Gym
Table Tennis ~ 10:30 ~ Gym



TRAVEL AND SPECIAL EVENTS

Information on : In-Home Care Services ~ Room 230 ~ Wednesday, April 11, 2012 ~ 12:30pm ~ FREE ~ Sign up's begin April 6.

Flat Rock Playhouse "Something Wonderful: The Music of Rodgers & Hammerstein" ~ Flat Rock, NC ~ Thursday, April 12, 2012 ~ 9:15am-7:30pm ~ Cost: \$44.00 bus and ticket/ Lunch on your own ~ Sign up's began March 2.

Wohlfahrt Haus "Under the Boardwalk" ~ Wytheville, VA ~ Wednesday, April 18, 2012 ~ 9:45am-6:00pm ~ Cost: \$44.00 all inclusive ~ Sign up's began March 7.

OTLB: Chocolate Café & Coffee Company ~ Greenville, TN ~ Friday, April 20, 2012 ~ 10:45am-3:30pm ~ Cost: \$5.00/ Lunch on your own ~ Sign up's began March 1.

Cinco De Mayo Lunch ~ Room 310 ~ Friday, May 4, 2012 ~ 11:30am-1:00pm ~ Cost: \$5.00 ~ Sign up's begin April 5.

2012 Dog Show Photos



Rebecca Hensley
and Jitter Bug



Martha Bridges
and Harley



George Price
and Sandy



Virgil Ander
and Pierre



Jan Fenelon
and Nara



Cookie Barrett
and Jefferson



Winners of the 2012 Dog Show



Mitch McConnell
and Buddy



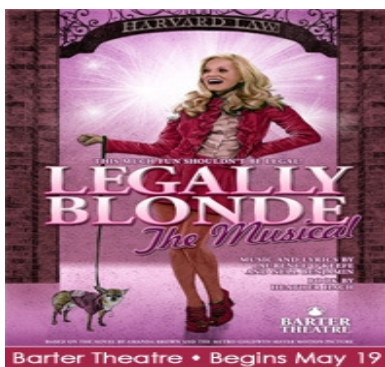
Amber Quillen
and Daisy May

TRAVEL AND SPECIAL EVENTS

Mike Carter Stables
Thursday, April 26, 2012
Location: Mike Carter Stables
9:00am-2:00pm
Cost: \$5.00 transportation

Sign up's begin April 2

Legally Blonde
Thursday, May 24, 2012
Location: Barter Theater
10:30am-5:30pm
Cost: \$28.00 Lunch on your own



Sign up's begin April 5.

Flat Rock Playhouse Downtown:
"Say Goodnight Gracie-
Love, Laughter and Memories"

Thursday, May 3rd, 2012
Location: Hendersonville, NC
9:15am-7:30pm
Cost: \$44.00 bus/ticket
Lunch on your own



Sign up's begin April 5

The Old Mill: Lunch and Shopping at-
The Old Mill Square

Friday, May 11, 2012
Location: Pigeon Forge, TN
9:00am-5:30pm
Cost: \$8.00
Lunch on your own



Sign up's begin April 6.

Flat Rock Playhouse:
"Sid Caesar's Your Show of Shows"

Wednesday, May 16 2012
Location: Fat Rock, NC
9:15am-7:30pm
Cost: \$44.00 bus/ticket
Lunch on your own



Sign up's begin April 11

Your Page

From the Dancing Corner

The Second Friday dance in April at Rascals will feature a new band: Nostalgia Duo with Curt Mathson on keyboard and Noah Wall, a female vocalist. Curt and Noah have been playing for patrons and dancers at Atlanta Bread Co. in Johnson City every Monday evening and have quite a few followers.

Curt can croon as well as Frank Sinatra while Noah sings like Eva Cassidy. The two musicians compliment each other skillfully. It is a pleasure to listen to them sing duets. Noah also plays fiddle on some songs to the likes of Alison Kraus.

The couple play a mix of music that includes songs from the Good Old Days, Classic Rock, Motown, Doo Wop, Beach, and of course, ballroom favorites. Even if you don't dance all the evening, you'll find listening to them and watching them perform a great way to spend your evening.

Come welcome Nostalgia Duo on April 13th at the Rascals. See you then.

April Dance with Live Music from Nostalgia Duo

When: Friday, April 13th, 2012

Time: 7:00 PM - 10:00PM

Where: Rascals Teen Center
125 Cumberland Street, Kingsport

ATD Companion Services- "Fall Presentation"

Thursday, May 17, 2012

Card Room

12:30pm-1:30pm

FREE

Sign up's begin April 6.

Crafting Supply Shopping Trip

Tuesday, May 9, 2012
Asheville, NC
9:00am-5:30pm
Cost: \$8.00/ Lunch on your own

Sign up's begin April 12

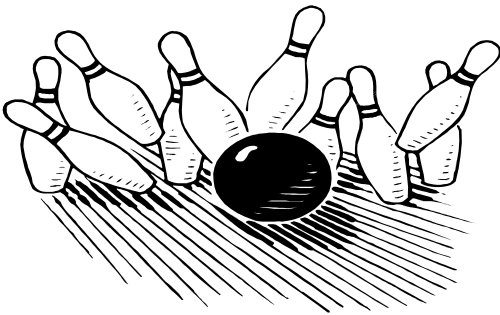
Massage Therapy **Fridays with Debra Defrieze**

30 minute massage \$15.00,
call (423)791-4693
And **Tuesdays with Billy Burford** call
(423) 341-4522
Schedule appointments by calling and pay
massage therapist day of appointment.

Wii Bowling

The Kingsport Senior Center has now joined up with the National Senior Wii Bowling League. Members of the team will compete against other state/regional Wii bowlers for the next 10 weeks. League begins the week of February 13 and ends the week of April 16.

Team Name: Up Your Alley
Team Members: Joyce Manis, Charles Gray, Angela Price, George Price, Carole Keene and Jim Allen



NEWS TO USE

Trunk Sale

Friday, May 18, 2012

Front Parking Lot/Lawn

8:00am-12:00noon

Help Decorate Your Senior Center!

The Kingsport Senior Center is accepting entries for donated artwork and photography for the center, made by its members.

Entries will be accepted during the months of March and April, bring in a photo of the piece, or the actual piece itself. Decisions on acceptance of the donated artwork and its placement in the center will be at the discretion of the Kingsport Senior Center Artisan Committee.



A Tasty Treat From Marsh

Fruit Bowl Pizza

Ingredients:

1-1/3 cups all-purpose flour

6 tablespoons sugar or Splenda

1/4 tsp. salt

9 tablespoons cold butter

1 8 oz. cream cheese (I use light or fat free)

1/2 cup confectioners' sugar

1/4 tsp. vanilla

1 cup whipped topping

Fruit of choice...I have been using sliced strawberries.

May use fresh, diced peaches or combination of fruits.

Directions:

- 1. In a large bowl, combine flour, sugar and salt. Cut in butter until crumbly. Press onto an ungreased 12-inch pizza pan. Bake at 350 degrees for 15-18 minutes or until lightly browned. Cool on a wire rack.**
- 2. In a small bowl, beat the cream cheese, confectioners' sugar and extract until smooth; fold in whipped topping. Spread over crust. Arrange the fruit on top. Refrigerate leftovers.**

KINGSPORT SENIOR CENTER
Spring 2012
Session I
Class Schedule

Classes begin the week of
April 9
Classes end the week of
June 25
(Unless otherwise specified)

Computer Classes

Four - Six Week Courses ~ \$25

Two Day Seminars ~ \$15

One Day Seminars ~ \$10

Must sign up in advance of first class.

Payment is due the first day of class.

All classes other than basic require student to have basic computer skills, and have proficient skills in using a mouse , in order to take the class.

Individual help is available for persons with disabilities, in order to learn how to adapt settings on home computers. For more information or to schedule an appointment, call Mary at 392-8433

Computer Basics

6 week course

Wednesdays, April 25, May 2, 9, 16, 23, and 30th.

9:00am-11:30am

Microsoft Word

6 week course

Mondays April 2, 9, 16, 23, 30, and May 7th

9:00am-11:30am

Library Book Day

**Will not meet in April.
Will resume May 17.**

Generations Online Internet Class

Monday, Wednesdays and Fridays

1:00 PM - 5:00 PM

This is an opportunity to learn how to use the internet. You will learn the basics of the internet, the lingo, how to use a mouse, send an email, and how to use a search engine. This is a free class. Sessions are taught by a tutorial on the computer. "Peer Coach" - Shelia will be there to assist you. Contact Shelia in the computer room to make sure there is a computer available for you.

Genealogy Group

Friday's ~ Computer lab

9:00am



Nancy Moore, June Lane and Helen Doty receive their certificates after completing the 6 week "Living Well with Chronic Conditions" class. Not pictured: Barbara Quillin

Spring Classes 2012

- Aerobics**
 - Monday, Wednesday & Friday (ongoing)
 - Time: 8:30am - 9:15am
 - Location: Gym
 - Low Impact Aerobics
- Aerobics**
 - Monday, Wednesday, Friday (ongoing)
 - Time: 9:15am - 10:00am
 - Location: Gym
 - Instructor: Terri Farthing
 - Lo-hi Impact Aerobics
- Art Class - Painting**
 - Friday
 - Time: 2:00pm - 4:00pm
 - Location: Room 303
 - Instructor: Ann Thwaites
 - All types of media; painting and drawing
- Ballroom Dance**
 - Thursday
 - Time: 5:00pm - 6:00pm
 - Location: Room 302
 - Instructors: Walt & Margaret Baumgardner
 - Learn to waltz, Polka and cut a rug

- Ballroom Video Class**
 - Tuesdays
 - Time: 4:30pm - 6:30pm
 - Room 302
 - No instructor, practice to own music
- Basket weaving**
 - Tuesday
 - Time: 9:30am - 11:30 am & 12:00pm - 2:00pm
 - Location: Room 303
 - Instructor: Lynne Bowers
- Belly Dance for Beginners (Women Only)**
 - Thursdays
 - Time: 11:30am
 - Location: Room 302
 - Instructor: Angela Price

Must have 8 for class to begin. Please sign up at office.
- Belly Dancing - (Women Only)**
 - Wednesday
 - Time: 1:00pm
 - Location: Room 302
 - Instructor: Angela Price
 - Great for your abdominals
- Camera Club**

Please visit website for meeting times

 - Instructor: Claude Kelly
 - Website: WWW.scphotogroup.com



Northeast State nurses taking blood pressures.

- Ceramics**
 - Tuesdays and Thursdays
 - Time: 9:00am - 11:30am
 - Location: Ceramic/Clay Studio
 - Instructor: Mary Lamson
 - Please remember your annual \$10 firing fee**
- Clay ~ Beginning Handbuilding**
 - Wednesdays
 - Time: 10:00am - 3:00pm
 - Location: Ceramic/Clay Studio
 - Instructor: Aleta Chandler
 - 12 weeks: \$30, pay in office
 - Limited to 8 participants
- Clay ~ (Intermediate and Advanced Handbuilding)**
 - Mondays
 - 10:00am - 3:00pm
 - Location: Ceramics/Clay Studio
 - Instructor: Aleta Chandler
 - 12 weeks; \$30; pay in office (\$15 if taking both classes)
 - Hand building
 - * **Please remember your annual \$10 firing fee**
- Clogging - (Beginning)**
 - Thursday
 - Time: 10:00am
 - Location: Room 302
 - Instructor: Angela Price
 - Must have 8 new beginners
 - Sign up in office
- Clogging - (Intermediate)**
 - Wednesday
 - Time: 11:15am
 - Location: Room 302
 - Instructor: Angela Price

Spring 2012 Classes Continued

Dulcimer (Beginners)

- Tuesdays
- Time: 11:00am
- Location: Atrium
- Instructor: Peggy Ferrell
- Learn to play this beautiful Instrument

Dulcimer (Intermediate)

- Tuesdays, Time: 11:00am
- Location: Card Room
- Instructor: Ruby Larsen

Exercise for Everybody

- Tuesdays & Thursdays
- Time: 10:30am
- Location: Gym
- Instructor: Kevin Lytle

Good Neighbors

- Tuesdays and Thursdays
- Time: 12:15pm
- Location: Lounge
- Staff
- Guest speakers, trips, bingo and fellowship

Happy Day Singers

- Mondays
- Time: 9:45am
- Inspirational singing at nursing homes

Harmonica Class I

- Saturdays
- Begins April 14
- Time: 9:00 am
- Multipurpose Room
- Cost: \$5.00 per lesson
- Instructor: Bob Swartz
-

Harmonica Class II

- Saturdays beginning April 14
- Time: 10:00 am
- Multipurpose Room
- Cost: \$5.00 per lesson
- Instructor: Bob Swartz

Karaoke

- 3rd Tuesday
- Time: 4:00 pm
- Location: Cafeteria
- Bring snack to share

Knitting Class

- Monday
- Time: 1:00 - 3:00pm
- Location: Room 303
- Instructor: Barbara White
- All skill levels

Lap Swimming

- M-F
- Time: 12:30 - 1:00 pm
- Location: Dobyns-Bennett pool
- No instructor, lap swimming

Mini Cardio Exercise Class

- Tuesdays, Thursdays
- Time: 8:45am - 9:15am
- Room: 302
- Instructor: Roger Hixson

Piano Lessons

- Tuesdays & Thursdays
- 8:00am - 11:00am
- \$15 (30 minute lessons)
- pay instructor
- Location: Multipurpose Room
- Instructor: Freda Karsnak
- Call for appt. 423-292-2711

Quilting

- Monday
- Time: 9:00am - 10:30am
- Location: Room 303
- Instructor: Shelia Davis

Renaissance Strings

- Tuesdays
- Time: 10:00am - 11:00am
- Location: Atrium
- Instructors: Lucille Hinke and Jan Fenelon

Strength Training

- Monday, Wednesday & Friday
- Time: 10:15am - 11:00am
- Location: Gym
- Instructor: Terri Farthing

Strength Training

- Tuesday, Thursday
- Time 9:30am - 10:30am
- Location: Gym
- Instructor: Kevin Lytle

Tai-Chi

- Mondays & Wednesdays
- Time: 8:30am
- Location: Senior Center, Room 310
- Instructor: Hang Lei

Woodcarving

- Thursdays
- Time: 9:00am - 12:00 noon
- Location: Room 303
- Beginners welcome

Yoga and Laughter for Seniors

- Tuesdays
- Time: 11:00am
- Location: Room 302
- Cost: FREE
- Instructor: Dr. Sharmi Mehta
- **Requirement: bring a mat to class**

Jam Session

- Thursdays
- Time: 12:00 noon
- Location: Cafeteria

Spring 2012 Branch Site Class Schedule

Thank you to Colonial Heights Baptist Church for becoming our newest Branch site. See new classes below and watch for updates.

Advanced Yoga

- Tuesdays & Thursdays
- Time: 11:00am - 11:30am
- Location: First Broad Street UMC, Rec. Room
- Instructor: Tish Kashdan

Ageless Grace *NEW*

- Mondays & Wednesdays
- 10:30 a.m.
- Colonial Heights Baptist Church Family Life Center
- Instructor: Larissa Powers
- Begins March 12th
- Ageless Grace is a fitness and wellness program. The program consists of 21 simple exercise Tools designed for all ages and abilities. These exercises, based on everyday movements that are natural and organic, focus on the healthy longevity of the body and mind. The 21 Tools have creative, imaginative names, so they are easy to remember. They are simple to do at home. The movements are designed to be performed seated in a chair, yet they can be done on a bed, standing near or behind a chair, down on the floor, or standing. Almost anyone can do them, regardless of most physical conditions.

Artist and Crafters Monthly Breakfast

- April 10, 2012, 9:30 a.m.
- Lynn View Community Center
- Please call for reservation

Core Conditioning *NEW LOCATION*

- Tuesdays & Thursdays
- 10:00 am
- Location: Lynn View Community Center
- Instructor: Chris Hicks
- Great for all ages.
- Gain core strength

Couponing Group

- Ongoing
- No FEE
- Instructor/ Group Leader: Val Rhea
- Location: Lynn View Branch Site
- Share coupons/ ideas/ guest speakers
- 2nd Monday of each month/ 5:30
- Intergenerational/ do not have to be a member to attend couponing group.

Drawing

- Wednesdays
- Time: 10:00 a.m. - 12:00 noon
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Basic drawing class

Game Day

- 3rd Tuesday of Month
- Time: 12:00 noon
- Lynn View Cafeteria
- Group Leader: TBA
- Sequence and variety of board games

Line Dance - Beginning

- Monday
- Time: 11:30am - 12:30pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell
- MUST WEAR SOFT-SOLED SHOES

Line Dance - Intermediate

- Mondays
- Time: 12:45pm –1:45pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell
- Faster-paced, less instruction for advanced dancers.
- MUST WEAR SOFT-SOLED SHOES

Pickle-ball

- Wednesdays and Fridays
- 2:00—4:00 pm
- Lynn View Community Center

Pliates *NEW*

- Mondays & Wednesdays
- 9:00 a.m.
- Lynn View Community Center
- Instructor: Larissa Powers

Private Personal training with Chris

- Call for appointment ~ 723-9967
- Call for prices
- Instructor: Chris Hicks

Silver Sneakers Muscular Strength and Range of Movement *NEW*

- Mondays & Wednesdays
- 10:00 a.m.
- Lynn View Community Center
- Instructor: Chris Hicks

Silver Sneakers Yoga Stretch *NEW*

- Mondays & Wednesdays
- 11:00 a.m.
- Lynn View Community Center
- Instructor: Diana Broyles
-

Strength Training

- Tuesdays & Thursdays
- Time: 9:00 a.m.
- Location: Lynn View Community Center
- Instructor: Chris Hicks

Total Body Workout

- Mondays & Wednesdays
- Time: 9:30am
- Location: VO Dobbins Community Center Gym #2
- Instructor: Terri Bowling

Volleyball *NEW*

- Wednesdays & Fridays
- 11:00 a.m. - 2:00 p.m.
- Lynn View Community Center

Yoga

- Tuesdays & Thursdays
- Time: 11:30am - 12:30am
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

Walking/Indoor

- Mondays and Wednesdays
- Time: 10:30– 11:30
- Location: Colonial Heights Baptist Church Family Life Center
- More times to come....

Zumba Fitness

- Tuesdays & Fridays
- Time: 10:45 am
- Location: Lynn View Community Center
- Instructor: Brooke Taylor
- Minimum of 8 students required

COMING SOON

Piloxing - Piloxing is a unique cardio blend of Pilates and Boxing. It is based on interval training where you go from high intensity...boxing, to lower intensity active recovery...pilates. This brings the heart rate up and down and burns more calories. This class will be offered at Colonial Heights Baptist Church. Watch for times and dates.



CLASSES BEGAN THE WEEK OF January 9, 2012 UNLESS OTHERWISE NOTED.

Kingsport Adult education classes are administered by The Kingsport Senior Center.
For more information or to sign up for a class, please Call 423-392-8400

All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.

JOB SKILLS

Beginning Heating Ventilation and Air Conditioning Certification Preparation

- Call 423-392-8400 to be placed on an interest list
- Fee: \$165
- Tuesdays 6:00pm - 9:00pm
- Instructor: Jim Dotson
- Location: Multipurpose Room, Renaissance Center

There will be 2 more 10 week sessions following this class. Upon completion of all three sessions you will be prepared to take your certification test. Must have a minimum of 5 students, must pre-register.

CULTURAL/ARTS/CRAFTS

Fly Tying

- Call 423-392-8400 to be placed on an interest list
 - Tuesdays
 - 6:00 p.m. - 8:00 p.m.
 - Instructor: Joseph Aimetti
 - Fee: \$10 plus supplies
 - Supply list available at sign up
 - Location: Lynn View Community Center
- Learn to tie basic flies used in fly fishing.

Couponing Group

- Ongoing
- No FEE
- Instructor/ Group Leader: Valeri Rhea
- Location: Lynn View Community Center
- Share coupons/ ideas/ guest speakers
- 2nd Monday of each month 5:30 p.m.

Beginning Clay *NEW*

- 8 week class (Beginning April 10)
- Fee: \$75 plus \$10 clay and \$10 firing fee
- Instructor: Kara Bledsoe
- Minimum: 8 students
- Maximum: 15 students

This is a beginning hand building clay class. You will learn basic hand building techniques. **You will complete 8 different projects.**

HEALTH/EXERCISE

Beginning Golf Lessons

- 6 weeks
- Fee: \$25
- Tuesdays 6:00 p.m.
- Instructor: Wallace Ketron
- Begins April 17
- Call for more information

Zumba Fitness

- 6 weeks
- New Class April 5th
- \$25 fee per session
- Instructor: Becky Lifford
- Location: Lynn View Community Center, Cafeteria

Ageless Grace *NEW*

- Mondays & Wednesdays
- 10:30 a.m.
- Fee: \$25/ 10 weeks Senior Center Members and Colonial Heights Baptist Church Members FREE
- Colonial Heights Baptist Church Family Life Center
- Instructor: Larissa Powers
- Began March 12th
- Ageless Grace is a fitness and wellness program. The program consists of 21 simple exercise Tools designed for all ages and abilities. These exercises, based on everyday movements that are natural and organic, focus on the healthy longevity of the body and mind. The 21 Tools have creative, imaginative names, so they are easy to remember. They are simple to do at home. The movements are designed to be performed seated in a chair, yet they can be done on a bed, standing near or behind a chair, down on the floor, or standing. Almost anyone can do them, regardless of most physical conditions.

HEALTH/EXERCISE CONT

Pliates *NEW*

- Mondays & Wednesdays
- 9:00 a.m.
- \$25/ Senior Center Members FREE
- Lynn View Community Center
- Instructor: Larissa Powers
- Began March 12th

Personal Training with Chris

- Instructor: Chris Hicks
- Available by the hour or as package
- Contact Chris (423-741-5643)

DANCE CLASSES

Beginning Line Dance

- 8 weeks
- Begins April 12th
- Fee: \$25
- Instructor: Lyna Faye McConnell
- Thursdays, 6:30pm - 7:30pm
- Location: Lynn View Community Center

Couples Country Dance

- 8 week class
- Begins April 12th
- Fee \$25 or free if you take Line Dance class
- Instructor: Lyna Faye McConnell
- Wednesdays, 6:00 p.m.
- Location: Lynn View Community Center

Salsa Dance

- Call 392-8402 for information on next class
- Fee: \$10 for 8 classes
- Tuesday & Thursdays
- Time: 1:00
- Room 302, Renaissance Center
- Instructor: BJ Golliday

COMING SOON*

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Help Halt Medical Alert Service Fraud

The Federal Trade Commission (FTC) needs your help in stopping the fraudulent telemarketing of medical alert services. Marketers have placed unsolicited phone calls to elderly consumers to pressure them into buying medical alert services. The services purportedly allow the consumers to receive help during emergencies by pushing a button on a pendant.

Although consumers have refused to buy the services, they have received numerous letters in the mail demanding payment for the unwanted services. Typically, the letters contain phony invoices and threaten consumers with legal action if they do not immediately pay the bogus charges. Consumers have also received abusive follow-up phone calls from marketers and have even received packages in the mail containing unordered medical alert pendants.

The FTC, which is the federal government's consumer protection agency, brings Federal court law enforcement actions to stop fraud and obtain refunds for consumers. If you have information about a medical alert service scheme, or learn of a victim in such a scheme, please contact the FTC by calling Artie DeCastro at 202-326-2747.



Congratulations to the 2012 Kingsport Senior Art Show Participants!

Juror's Comments:

The arts are alive and well in all age demographics in the tri-cities area! Thank you to the many people involved in organizing and funding these awarded exhibitions. Recognition goes a long way towards inner satisfaction and success.

The same art entries with different jurors will give different results.

**I look for creativity, originality, and concept.
(Another juror might put technical skill at the top of the list)**

I award first place to the framed mosaic "Moon Over Choku Rei" by Rhonda Rasmussen. I have not seen this style of framed mosaic before. The embedded framed bird gives a surprise interruption to the grouted tile. The overall composition is excellent, with careful detail given to a border made with broken tile within the artwork. Even if the bird is an appropriated image, I enjoy the juxtaposition of a contemporary art practice with the implication of an ancient place, a picture of a bird where a fossilized skeleton of a bird might be more predictable.

Second place goes to "RayAnna Marie" by Ann Vachon. It is difficult to imbue a two-dimensional image, whether painting or drawing, with a sense of life or three-dimensional form. Current practices of working from photos make this much more difficult because when we look at photos they are already flattened. We have removed any sense of depth we might glean when working from life with our eyes. This portrait of a little girl has a sense of life and spirit to it. I also appreciated the handmade frame, which does an excellent job of complementing the colors and textures in the painting.

Third place is given to the "Little White Dog" ceramic sculpture by Judy Boone. I appreciate the fact that the entire piece is a hand-made original, no molds, with a variety of hand painted glaze effects. The pose and attitude of the dog evokes familiar memories.

I would like to acknowledge "The Grotto" by Faye Boushley, which incorporates enticing and unusual painting techniques combining a decorative repeat motif in the background and foliage, contemporary "drip" painting and representational imagery all in one small painting of a waterfall.

~Val Lyle



1st place



2nd place



3rd place

***Remember to stop by the show in the 2nd Floor Atrium Gallery and vote for the People's Choice Award!**

Hatfield & McCoy Dinner Show



Tuesday, April 3, 2012

Pigeon Forge, TN

12:30pm-9:30pm

Cost: \$53.00– All inclusive

Feudin' Feastin' Family Fun– That's the theme! Become part of the longest running feud in history and help the Hatfields and McCoys try to settle their differences mountain-style.

Kingsport Senior Center
1200 E. Center Street
Kingsport, TN. 37660
Phone: 423-392-8400

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